

# Understanding Viral Hepatitis

**A Patient Toolkit  
for Hepatitis B & C**



**liver canada**

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# Terms to Know

**Chronic Hepatitis B:** A hepatitis B infection that lasts for 6 months or longer.

**Chronic Hepatitis C:** A hepatitis C infection that lasts for 6 months or longer.

**Hepatitis B Core Antibody (Anti-HBc):** A blood test that indicates past or ongoing exposure to the virus. This does not necessarily mean you currently have an active infection.

**Hepatitis B Immune Globulin (HBIG):** A medication that provides short-term protection against hepatitis B.

**Hepatitis B Surface Antibody (Anti-HBs or HBsAb):** A blood test that shows protection (immunity) against hepatitis B, either from vaccination or a previous infection.

**Hepatitis B Surface Antigen (HBsAg):** A protein found on the surface of the hepatitis B virus. A positive blood test for HBsAg means the virus is currently present in your body (active infection).

**Liver Function Tests:** Blood tests that help assess how well your liver is working and whether there are signs of liver damage.

**Perinatal Transmission:** The spread of hepatitis B or C from a pregnant person to their baby during pregnancy or childbirth.

# Understanding Viral Hepatitis

## What is hepatitis?

Hepatitis is inflammation of the liver, which may occur due to alcohol use, viruses, or autoimmune diseases (when the immune system attacks the liver).

**Viral hepatitis** is a form hepatitis caused by a virus that affects the liver. There are 5 main types of viral hepatitis: hepatitis A, B, C, D, and E.

The liver is an important organ that helps your body:

- Filter toxins from your blood
- Store energy from food
- Help digest fats
- Fight infections

When the liver becomes inflamed, it may not be able to perform these functions well. Some types of viral hepatitis can become chronic (long-term) infections, lasting for more than 6 months.

## Types of viral hepatitis

| Type        | How it Spreads                                                                                    | Can it become chronic? | Vaccine Available?                                  |
|-------------|---------------------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------|
| HEPATITIS A | Contaminated food or water                                                                        | NO                     | YES                                                 |
| HEPATITIS B | Contact with infected blood or body fluids, sexual contact, or from mother to baby during birth   | YES                    | YES                                                 |
| HEPATITIS C | Blood-to-blood contact                                                                            | YES                    | NO                                                  |
| HEPATITIS D | Contact with infected blood or body fluids ( <b>can only occur in patients with hepatitis B</b> ) | YES                    | NO (But it is prevented by hepatitis B vaccination) |
| HEPATITIS E | Contaminated food or water                                                                        | YES, BUT RARE          | NO                                                  |



This toolkit focuses on viral hepatitis B and C. For more information about other types of viral hepatitis, other forms of liver disease, or general liver health information, visit [liver.ca](https://liver.ca).

## What is the difference between hepatitis B and C?

| Hepatitis B                                               | Hepatitis C                                  |
|-----------------------------------------------------------|----------------------------------------------|
| Caused by the hepatitis B virus                           | Caused by the hepatitis C virus              |
| Spread through blood, body fluids, or from mother to baby | Spread primarily through blood               |
| Preventative vaccine available                            | No vaccine currently available               |
| No cure, but can be managed with medication               | Can often be cured with antiviral medication |
| Chronic infection may occur                               | Chronic infection often occurs               |

Although hepatitis B and C are different viruses, both can damage the liver and may lead to cirrhosis or liver cancer over time. **Early testing and medical care can prevent serious complications.**

## Who is at higher risk?

**You may be at higher risk of hepatitis B or C if you:**

- ✔ Were born in, lived in, or travelled to a region where hepatitis B or C is common
- ✔ Have ever injected drugs or shared equipment for drug use (e.g., needles)
- ✔ Have household or sexual contact with someone who has hepatitis B
- ✔ Were born to a mother with hepatitis B or hepatitis C
- ✔ Are a gay, bisexual, or other man who has sex with men (gbMSM)
- ✔ Have had sexual contact that may expose you to hepatitis B (e.g., unprotected sex)
- ✔ Work in a job where you may be exposed to blood or body fluids (e.g., healthcare workers)
- ✔ Received a blood transfusion, blood products, or an organ transplant before blood screening became routine
- ✔ Have ever been incarcerated

## What is co-infection?

co-infection occurs when a person has more than one infection at the same time. Co-infections can often increase the risk of complications and require care to manage accordingly.

### Hepatitis B and C are NOT spread by:

- Hugging or shaking hands
- Sharing food or drinks
- Casual contact
- Coughing or sneezing

## Can someone have both hepatitis B and hepatitis C?

Yes, a person can have both hepatitis B and hepatitis C at the same time. Both infections affect the liver and can increase the risk of serious liver damage, including cirrhosis and liver cancer. Healthcare providers may prescribe hepatitis B antiviral medication alongside direct-acting antiviral treatment for hepatitis C, and monitor your liver health during and after treatment.

## Can someone have both hepatitis B and hepatitis D?

Yes. Hepatitis D virus can only infect people who also have hepatitis B. A hepatitis B and D co-infection occurs when someone is infected with both viruses at the same time. A superinfection occurs when someone who already has chronic hepatitis B later becomes infected with hepatitis D. Since hepatitis D can worsen liver disease, people with hepatitis B should be tested for hepatitis D to help identify infection early and guide treatment decisions. New treatments for hepatitis D are becoming available, including medications such as bulevirtide. People with hepatitis B and hepatitis D also need regular medical follow-up, which may include blood tests, fibrosis assessment, and screening for liver cancer.

## Can someone have both hepatitis B and hepatitis D?

Yes, hepatitis B and HIV can occur together because they share similar routes of transmission, including exposure to infected blood and sexual transmission.

Having both infections can increase the risk of liver damage, including cirrhosis and liver cancer. However, with regular medical care and treatment, both infections can be managed.

Patients may receive antiviral medications (e.g., tenofovir disoproxil fumarate, tenofovir alafenamide) as part of their HIV antiretroviral therapy because these medications are active against both hepatitis B and HIV. Regular monitoring helps healthcare providers manage both infections and protect your liver health.

**Learn more about  
viral hepatitis**



# Viral Hepatitis Screening and Testing

## Who should be screened?

Getting screened is the first step in knowing your hepatitis B or hepatitis C status. Screening can identify whether you've been exposed to the virus. If your screening test is positive, additional testing may be needed to determine if you have a current infection.

**You should consider getting screened if any of the following risk factors apply to you:**

- ✓ Shared needles, syringes, or drug equipment or been exposed to someone else's blood.
- ✓ Received blood, blood products or an organ transplant in Canada before 1992.
- ✓ Have been intimate with someone who has viral hepatitis.
- ✓ Were born, lived or received medical care in a country where hepatitis B or C is more common.
- ✓ May have been exposed through non-sterile tattoos, piercings, medical equipment, or shared personal-care items.

**Talk to your healthcare provider about getting screened if:**

- You think you may have been exposed to hepatitis B or C
- You are pregnant or planning to become pregnant
- You belong to a group that is at higher risk of viral hepatitis

## Types of hepatitis tests:

### Screening Tests:

These are the first tests used to screen for hepatitis B or hepatitis C. A positive screening test does not always mean you have a current infection, but it identifies people who need further testing.

### Confirmatory Tests:

These are performed if a screening test is positive. Confirmatory tests determine whether the virus is currently present in your body. This helps confirm an active infection and decide whether treatment may be needed.

## How do I get screened?

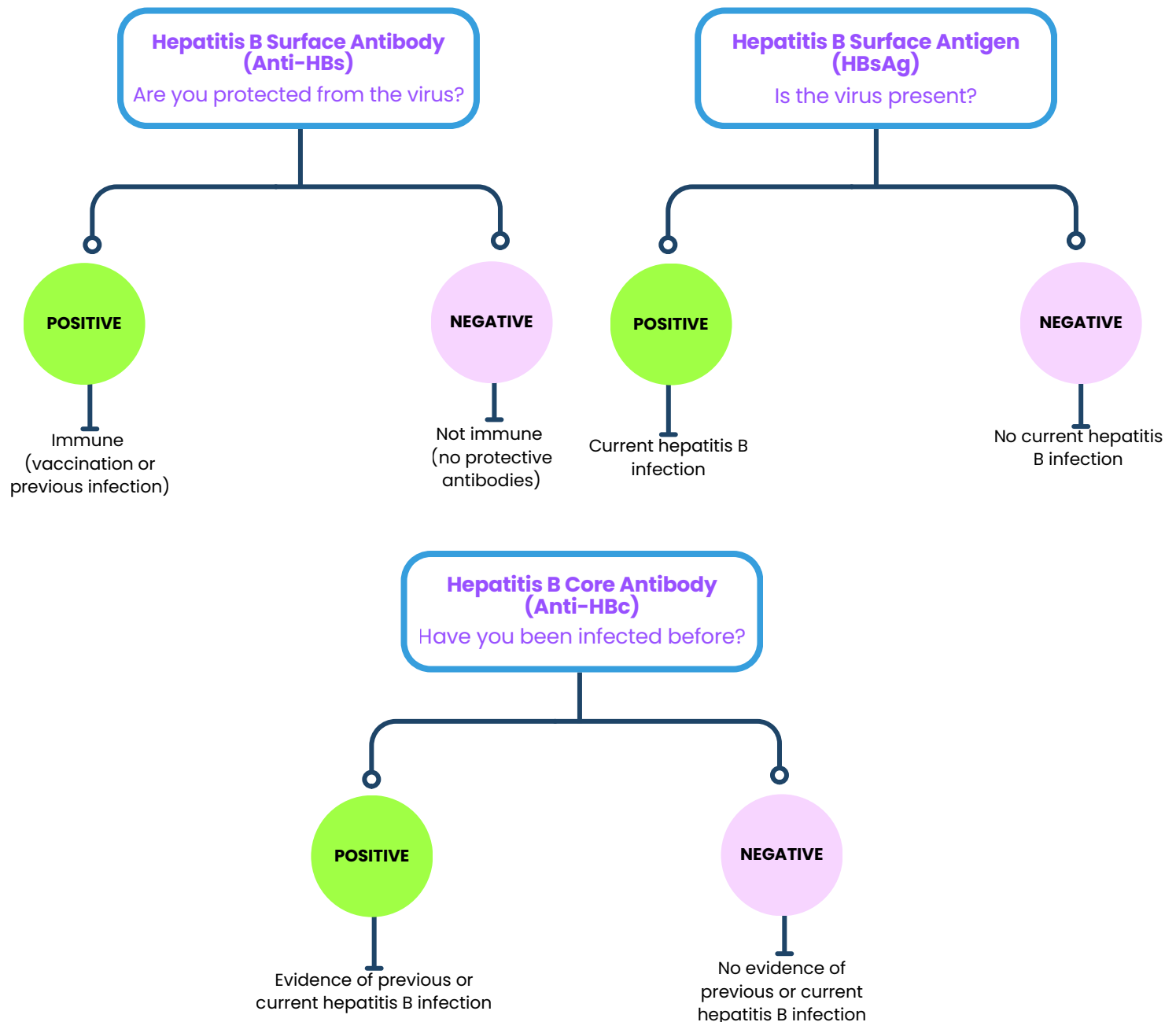
If you think you may be at risk for hepatitis B or hepatitis C, talk to a healthcare provider about screening. This can be completed through your family doctor, nurse practitioner, pharmacist (where testing is available), public health clinic, walk-in clinic, or sexual health clinic.

# Hepatitis B Testing

**Bloodwork is completed to determine whether the individual has hepatitis B. Three main markers are measured:**

- Hepatitis B Surface Antibody (Anti-HBs)
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis B Core Antibody (Anti-HBc)

The figures below explain what positive and negative test results for each marker mean.





## How are hepatitis B markers interpreted?

Hepatitis B test results are based on a combination of three blood tests: HBsAg, anti-HBs, and anti-HBc.

Together, these tests help show whether you:

- have a current hepatitis B infection,
- had hepatitis B in the past,
- are protected because of vaccination or a past infection, or
- are still at risk of getting hepatitis B.

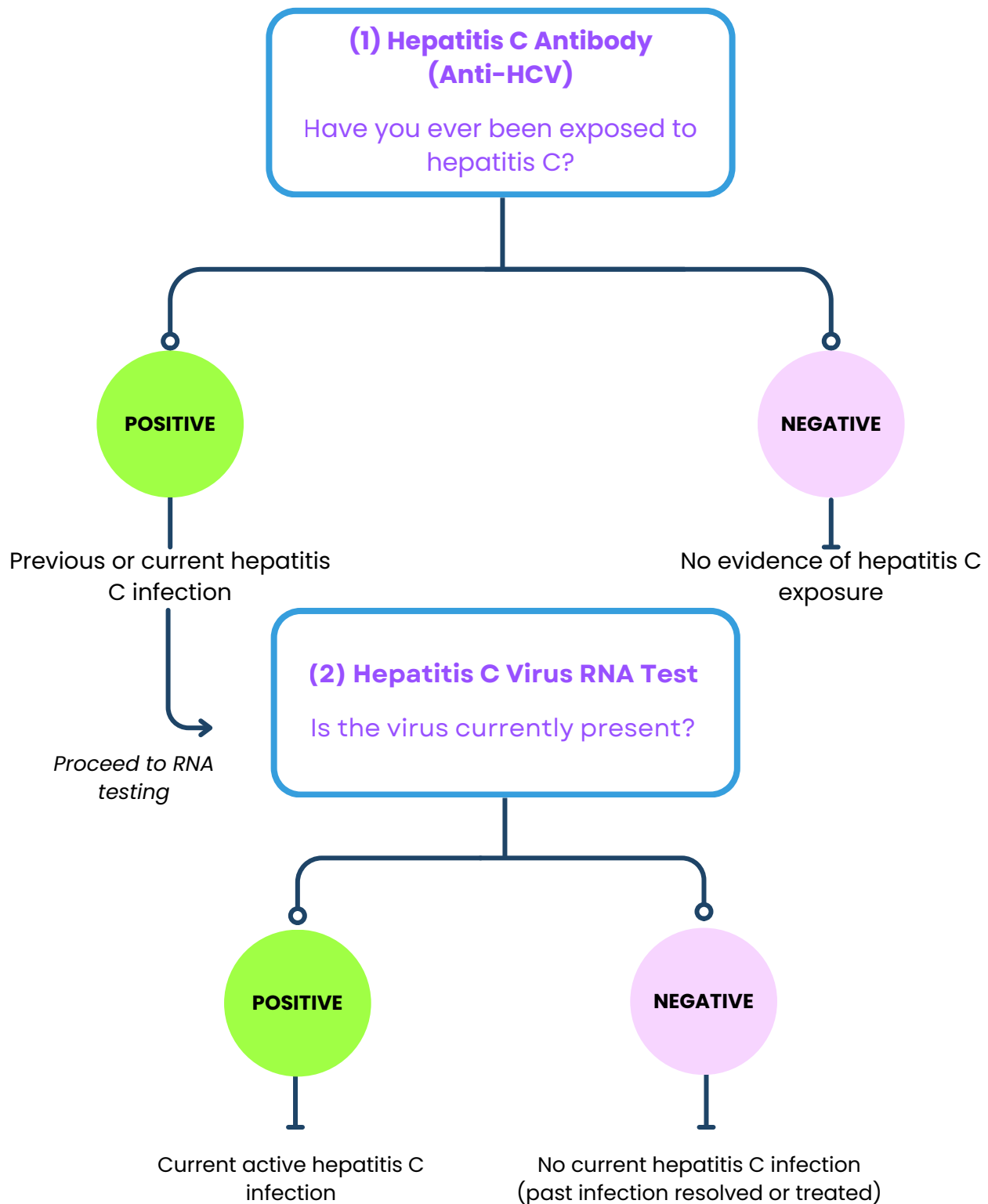
The table below explains the different combinations of results and what they mean.

| Anti-HBs | HBsAg | Anti-HBc | Test Result Meaning                                                        |
|----------|-------|----------|----------------------------------------------------------------------------|
| —        | +     | +        | <b>CURRENT HEPATITIS B INFECTION</b>                                       |
| —        | —     | +        | <b>EXPOSED</b><br>(May be infected: further testing needed)                |
| +        | —     | —        | <b>IMMUNE DUE TO VACCINATION</b>                                           |
| +        | —     | +        | <b>IMMUNE DUE TO PREVIOUS INFECTION</b>                                    |
| —        | —     | —        | <b>SUSCEPTIBLE</b><br>(Not infected, but at risk: vaccination recommended) |

# Hepatitis C Testing

Hepatitis C is diagnosed using blood tests completed in two steps.

- The antibody test checks whether you have ever been exposed to the virus.
- If the result is positive, an RNA test is performed to determine whether the virus is currently present.



# Additional Testing

**Your healthcare provider may recommend additional tests to:** understand how healthy your liver is, check for liver scarring (fibrosis), help decide whether treatment is recommended, and monitor your health and watch for complications.

**To better understand your care, you may want to ask:**

- Why do I need this test?
- What will the results tell us?
- How should I prepare for this test?
- When will I receive my results?

| Test                               | Type of Test                   | What to Expect                                                                                                                                                                                                                             | What it Measures                                                                                                                                                                                                                                                                                               |
|------------------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>LIVER FUNCTION TESTS (LFTS)</b> | Blood test                     | A small blood sample will be taken from a vein in your arm                                                                                                                                                                                 | A group of blood tests that measure liver enzymes and proteins to assess liver inflammation/damage and how well your liver is working.                                                                                                                                                                         |
| <b>FIBROSIS ASSESSMENT</b>         | Imaging, blood test, or biopsy | You may have a FibroScan, a painless imaging test, or blood tests used to calculate scores such as the Fibrosis-4 (FIB-4) Index or Enhanced Liver Fibrosis (ELF) score. Depending on results, your doctor may also request a liver biopsy. | A FibroScan measures liver stiffness and fatty changes in your liver to assess scarring. Blood test results can also be used to calculate FIB-4 or ELF scores, which estimate the amount of scarring in your liver. A liver biopsy takes a sample of the tissue to measure liver damage and confirm diagnosis. |
| <b>LIVER ULTRASOUND</b>            | Imaging                        | Gel is applied to your abdomen and a handheld probe is moved over your skin to create images of your liver                                                                                                                                 | Creates images of your liver to look for signs of liver disease, such as cirrhosis, cysts, or liver cancer.                                                                                                                                                                                                    |

**Want to learn more?** Liver function tests include several different blood tests that provide information about your liver health. For a detailed explanation of these, visit:

<https://liver.ca/liver-tests/>



# Viral Hepatitis Treatment

## Hepatitis B

Although there is currently no cure for hepatitis B, treatment can help control the virus and maintain your liver health over time. The goal of treatment is to reduce the amount of hepatitis B virus in your body (viral load) and lower the risk of long-term liver damage. Treatment may include interferon injections or antiviral medications (pills), depending on your health needs.

Common treatments include:

- Tenofovir disoproxil fumarate (TDF)
- Tenofovir alafenamide (TAF)
- Entecavir

Emerging hepatitis B therapies aim to move beyond viral suppression toward a functional cure, offering hope for shorter and more effective options in the future.

## Hepatitis C

Although there is no vaccine to prevent hepatitis C, it can be cured in most people with treatment. Treatment usually involves direct-acting antivirals (DAAs), which are oral pills taken every day for 8–12 weeks. These medications work by stopping the virus from making copies of itself, allowing your body to clear the infection.

Your healthcare provider will review your test results, overall liver health, and any other medical conditions to determine which treatment is right for you. Some commonly prescribed DAAs include:

- Sofosbuvir/velpatasvir
- Glecaprevir/pibrentasvir
- Sofosbuvir/ledipasvir

### How do we know if hepatitis C has been cured?

After you complete your hepatitis C treatment, your healthcare provider will arrange a blood test to measure the amount of hepatitis C virus (viral load) in your blood. If no hepatitis C virus is detected, this is called a sustained virological response (SVR). An SVR means the hepatitis C infection has been cured.



Even after a cure, it is possible to become re-infected with hepatitis C. It is important to continue practicing hepatitis C prevention, such as safe intimate connections and avoiding sharing needles or other drug use equipment.

# What happens after diagnosis?

## Your next steps

After you are diagnosed, you will be referred to a specialist with experience in managing viral hepatitis, such as a:

- Hepatologist (liver specialist)
- Gastroenterologist
- Infectious disease specialist

Your care team may also include a primary care provider, nurse or nurse educator, pharmacist, social worker, dietitian, or mental health professional. Each member of your care team can help support different parts of your treatment and overall health.

### At your first appointment, your specialist may:

- Review your medical history
- Order additional blood tests to check liver function and viral activity
- Recommend imaging or a FibroScan to assess liver health
- Discuss whether treatment is recommended
- Answer your questions and create a follow-up plan



Regular follow-up appointments are an important part of managing hepatitis, even if treatment isn't needed right away. Your healthcare team will monitor your liver health over time and recommend treatment if and when it's appropriate.

## Protecting your liver while you wait

While waiting for your appointment with a specialist, it is important to talk to your doctor about how you can maintain a liver-friendly lifestyle. This may include:

- Avoiding or limiting alcohol
- Discussing new medications or supplements with a healthcare professional
- Eating a balanced meal pattern and staying physically active
- Attending all follow-up appointments
- Taking prescribed medications as directed

## Coping with a diagnosis

Being diagnosed with hepatitis B or hepatitis C can feel overwhelming. It is normal to have questions about what the diagnosis means and what happens next. You do not have to navigate your diagnosis alone. Your healthcare team can connect you with resources, answer your questions, and help you develop a plan. It can also be helpful to think about factors that might make it harder for you to stay engaged in your care. Identifying potential challenges early can help you plan for them and access support if needed.

### Some questions to consider:

- Who can I turn to for support? Is there a family member, friend, or trusted person I feel comfortable talking to?
- Will work, school, caregiving, or other responsibilities make it difficult to attend appointments or take medication as prescribed?
- Do I know who to contact if I have questions or am struggling? This could be my specialist, primary care provider, or another member of my healthcare team.
- Would I benefit from speaking with a counsellor or peer support group?

**Whether you need information or just someone to talk to, Liver Canada is here for every step of your liver health journey. Give us a call at 1-800-563-5483 or email us at [clf@liver.ca](mailto:clf@liver.ca).**



# Living Well with Hepatitis

## Nutrition

There is no single diet recommended for everyone living with hepatitis, but eating a balanced and nutritious diet can help support your liver health. General recommendations include:

- ✓ Eating various fruits and vegetables, whole grains, lean proteins (e.g., tofu, fish), and healthy fats
- ✓ Limiting processed meats such as hot dogs and deli meats
- ✓ Limiting ultra-processed foods such as chips, candies, and sugary drinks
- ✓ Avoiding or limiting alcohol, as it can worsen liver damage

If you have **cirrhosis** or **advanced liver disease**, your healthcare provider may recommend additional dietary changes, including:

- ✓ Limiting salt (sodium) intake, especially if you have excess fluid buildup
- ✓ Including a source of protein with each meal to help maintain muscle mass
- ✓ Limiting saturated fat and trans fat intake

### Want to learn more?

[Canada's Food Guide](#) is a helpful resource for general nutrition advice and balanced meal planning. Watch this [video](#) for practical tips on eating well with cirrhosis or advanced liver disease. For detailed nutrition guidance for people living with cirrhosis, visit this [resource](#) from the University Health Network.

## Physical Activity

- Stay active in ways that work for you. Regular physical activity can help improve your energy, maintain muscle strength, and support your overall health and well-being.
- Adults should aim for at least 150 minutes of moderate-to-vigorous intensity physical activity each week, along with muscle-strengthening activities at least twice a week.

If you have advanced liver disease or other health concerns, **talk to your healthcare provider before starting a new exercise program.**



## Vaccinations

- Stay up to date on recommended vaccines.
- If you have hepatitis B or C, you may be advised to get immunized for hepatitis A, influenza, and other diseases.

## Alcohol and Smoking

- Avoid alcohol and smoking, since these can increase your risk of liver damage and cirrhosis-related complications.
- If you are finding it difficult to quit, talk with your healthcare provider. Resources are available to support you.

## Keep up with your follow-up care:

Regular follow-up appointments are an important part of managing hepatitis. Your healthcare provider may recommend regular blood tests and other assessments to monitor your liver health and determine whether your treatment plan needs to change.

### **At your follow-up appointments, your healthcare provider may:**

- Monitor the virus using blood tests to measure the amount of hepatitis virus (viral load) in your blood, or, if you are taking medication, to assess how well treatment is working.
- Re-assess liver scarring (fibrosis) and look for signs of liver inflammation or changes in liver function
- Review your overall health, including lifestyle factors such as alcohol use and smoking.

## Preventing Transmission to Others

There are several ways to reduce the risk of passing hepatitis to others. By following these recommendations, you can help protect your loved ones and those around you.

- |                                                                                                                                                                    |                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Encourage household members and sexual partners to be tested and vaccinated for hepatitis B.                                                              | <b>4</b> Cover all cuts and sores with bandages, and clean your blood spills using gloves and a bleach solution (one part bleach, nine parts water). |
| <b>2</b> Avoid sharing personal items that come in contact with blood or bodily fluids, such as razors, toothbrushes, or nail clippers.                            | <b>5</b> Avoid sharing needles or other equipment used to inject medications (such as insulin) or drugs.                                             |
| <b>3</b> Talk to your partner(s) about sexually transmitted and blood-borne infections (STBBI), get tested as recommended, and practice safe intimate connections. | <b>6</b> Inform your healthcare providers (e.g., dentist, doctor) about your hepatitis B or C diagnosis.                                             |



# Hepatitis B & Pregnancy

## Can hepatitis be passed to my baby?

Yes. If you have hepatitis B during pregnancy, the virus can be passed to your baby. This is called perinatal transmission (also known as mother-to-child transmission).

However, there are effective ways to help prevent transmission to your baby.

## Will I be tested for hepatitis B during pregnancy?

Yes. Hepatitis B screening is a routine part of prenatal care. Your healthcare provider will test your blood for hepatitis B surface antigen (HBsAg), which shows whether you have an active hepatitis B infection.

## What if I test positive for hepatitis B during pregnancy?

### WHAT IT MEANS FOR YOU

Your healthcare provider will arrange additional tests to measure the amount of virus (viral load) in your blood. If your viral load is high (more than 200,000 IU/mL), you may be prescribed antiviral medication to reduce the risk of passing hepatitis B to your baby. Depending on your case, treatment may either be stopped after delivery or continued postpartum.

### WHAT IT MEANS FOR YOUR BABY

Your baby should receive the first dose of the hepatitis B vaccine and hepatitis B immune globulin (HBIG), a medication that protects against the virus. Both are given within 12 hours of birth to reduce the risk of infection. They should also complete the vaccine series, with additional doses typically given at 1 month and 6 months of age.

## What if my hepatitis B test results are not available when I give birth?

If your hepatitis B status is unknown, your baby can receive the hepatitis B vaccine within 12 hours of birth. Your healthcare team will determine whether HBIG is also needed based on the baby's risk.

## Should I get the hepatitis B vaccine when pregnant?

If you have not received the hepatitis B vaccine and are at increased risk of being exposed to the virus, your healthcare provider may recommend the hepatitis B vaccine series during pregnancy. This vaccine is considered safe during pregnancy and when breastfeeding.



# Hepatitis C & Pregnancy

## Can hepatitis C be passed to my baby?

Yes. If you have hepatitis C during pregnancy, the virus can be passed to your baby. This is called perinatal transmission (also known as mother-to-child transmission).

However, the risk of transmission is low, and most babies born to mothers with hepatitis C do not become infected.

## Will I be tested for hepatitis C during pregnancy?

Hepatitis C screening is often offered in prenatal visits during pregnancy, often based on an individual's risk factors. Talk to your healthcare provider about whether hepatitis C testing is recommended for you.

## Can hepatitis C be treated during pregnancy?

The antiviral medications used to treat hepatitis C are not currently recommended during pregnancy because there is not enough information to determine if they are safe for the baby. If you are pregnant and have hepatitis C, your healthcare provider will monitor your health and discuss treatment after your pregnancy.

## Will my baby need to be tested for hepatitis C?

Yes, babies born to mothers with chronic hepatitis C should be tested for hepatitis C. Testing is typically completed between 2 and 6 months of age, with follow-up testing if needed. Your healthcare provider will explain when your baby should be tested and what the results mean.

# Screening for Liver Cancer

## Why is screening important?

People living with chronic hepatitis B and C have a higher risk of developing liver cancer. Regular screening can help detect liver cancer early, when treatment is often more effective.

## Who should have regular screening?

Your healthcare provider may recommend liver cancer screening **every 6 months** if you have chronic hepatitis B and any of the following apply:

- ✓ You have cirrhosis (scarring of the liver)
- ✓ You are living with both hepatitis B and HIV
- ✓ You are a man aged 40 years or older
- ✓ You are living with both hepatitis B and D
- ✓ You are a woman aged 50 years or older
- ✓ Your parent, sibling, or child has had liver cancer
- ✓ You are of African ancestry and are 30 years or older

## What about hepatitis C?

People with chronic hepatitis C also have a higher risk of developing liver cancer. If you have cirrhosis or other factors that increase your risk, your healthcare provider may recommend routine liver cancer screening.

## What does screening involve?

Liver cancer screening usually includes:

- An abdominal ultrasound
- A blood test to measure alpha-fetoprotein (AFP), a protein that can help detect liver cancer. An AFP level of 20 ng/mL or higher may lead to additional diagnostic tests

## Questions to ask your healthcare provider:

- Am I at risk of developing liver cancer?
- Should I be screened for liver cancer?
- How often should I be screened?
- What do my screening results mean?

Learn more about liver cancer and tumours



From the 2025 guidelines for managing chronic hepatitis B, by the Canadian Association for the Study of the Liver and Association of Medical Microbiology and Infectious Disease Canada

# Appointment Information



Fill out this sheet during your doctor’s appointments to remember important information.

**Date of Appointment:** \_\_\_\_\_

**Time of Appointment:** \_\_\_\_\_

**Healthcare Provider:** \_\_\_\_\_

**Clinical Address & Phone Number:**

\_\_\_\_\_

\_\_\_\_\_

**Reason for Today’s Visit**

\_\_\_\_\_

\_\_\_\_\_

## Appointment Notes:

Use this space to write important information about your health that you want to remember. For example, you might note:

- Test results
- Updates about your liver health status

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Next Steps:

Use this space to write any instructions or next steps from your healthcare provider and what you have learned from your appointment. Here are some ideas to get started:

- Lifestyle modifications (food, exercise, substance use, etc.)
- Medication recommendations
- Upcoming testing (blood tests, ultrasound, etc.)
- Follow-up appointments

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Hepatitis Care Check-In



Fill out this sheet before your doctor's appointment to inform them of your current health status.

## Since my last visit, my overall health feels:

- ☐ Better
- ☐ About the same
- ☐ Worse

## I have noticed the following changes in my health:

Please use this space to write down recent symptoms, treatment side effects, improvements in your health and areas that have worsened.

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## Topics I would like to discuss today include

- |                                               |                                                                 |
|-----------------------------------------------|-----------------------------------------------------------------|
| <input type="radio"/> My test results         | <input type="radio"/> Medications or treatments                 |
| <input type="radio"/> My general liver health | <input type="radio"/> Lifestyle choices to support liver health |
| <input type="radio"/> My viral load           | <input type="radio"/> Mental Health                             |

Other:

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## My Questions:

Please use this space to write any questions or concerns you want to discuss with your healthcare provider during your appointment. Here are some ideas to get started:

- Are there any foods or drinks I should avoid?
- How often will I need blood tests or check-ups?
- How can I help protect my family and friends?

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# Medication Tracker



Use this table to record all of the medications you are currently taking. This includes prescription medication, over-the-counter medication, and vitamins/supplements. An up-to-date medication list can help your healthcare team make informed decisions about your care.

| Medication Name | How Often to Take Medication | Date Started | Notes |
|-----------------|------------------------------|--------------|-------|
|                 |                              |              |       |
|                 |                              |              |       |
|                 |                              |              |       |
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|                 |                              |              |       |
|                 |                              |              |       |
|                 |                              |              |       |

# Appointment Tracker



Use this page to record your upcoming healthcare visits. Keeping track of your appointments can help you stay organized and prepared.

| Date | Time | Healthcare Provider | Location | Reason for Visit |
|------|------|---------------------|----------|------------------|
|      |      |                     |          |                  |
|      |      |                     |          |                  |
|      |      |                     |          |                  |
|      |      |                     |          |                  |
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|      |      |                     |          |                  |
|      |      |                     |          |                  |

# Additional Resources

**Looking for more information?** Find additional resources on hepatitis or general liver on our website [liver.ca](https://liver.ca).

Whether you are living with liver disease or caring for someone who is, we are here for you. Contact our Patient Support Team at [clf@liver.ca](mailto:clf@liver.ca) or give us a call at **1-800-563-5483** if you have questions about liver health or just need someone to talk to.

## Other Trusted Resources:

[BC Centre for Disease Control: Patient Handbook on Advocacy for Hepatitis Care and Support](#)

[Hepatitis Education: A Guide for Getting Ready for Hepatitis C Treatment](#)

[My Health Alberta: Journey Map for Hepatitis B](#)

[Association of Asian Pacific Community Health Organizations: A Toolkit for Support and Reducing Stigma](#)

[Hepatitis B Foundation: Tips on How to Tell Others About Your Hepatitis Status](#)

[Free Course to Understand Nutrition Labels \(Can Support Nutrition\)](#)